

Culinary Arts/ProStart Conference

**Chef Greg Forte
Utah Valley State College
Culinary Arts Institute**

August 2-4, 2006

ProStart Aug. 2006

Serves: 1

Gazpacho
Tuscan Style Cream of Tomato
Salad Niçoise
Basic Vinaigrette Dressing
Spinach, Avocado, and Grapefruit Salad
Pici
Sugo all' aglione
Sformato di Cavolfiore
Bruschette Con Pomodoro E Pizzico
Verdure alla Griglia
Insalata di Mare con Finocchio all Olio e Limone
Spicy Italian Sausage
Risotto all Ortolana
Timballo Partenopeo
Lasagna Pasta Dough
Lasagne
Bechamel Sauce
Tomato Sauce (Lasagna)
Cannelloni alla Biagio
Caprese Salad
Funghi e Spinaci all Olio e Limone
Insalata de Finocchio ed olive
Hazelnut Gelato
Ice Cream Base
Pastry Cream Filling
Pate a Choux
Additional Assorted Recipes
Acquacotta Senese
Besciamella Per Pasta Al Forno
Braciole al Ragu
Budino Di Riso
Cantucchi Biscuits
Fried Courgette Flowers and Sage
Peposo
Ricetta Base Per La Pasta Fresca
Sugo di Carne
Tagliata with shallots and rosemary
Torta Di Mele
Pasta a Fagioli al Veneto

Per Serving (excluding unknown items): 28452 Calories; 1623g Fat (50.8% calories from fat); 885g Protein; 2650g Carbohydrate; 146g Dietary Fiber; 14280mg Cholesterol; 30640mg Sodium. Exchanges: 59 1/2 Grain(Starch); 76 Lean Meat; 47 1/2 Vegetable; 9 Fruit; 15 Non-Fat Milk; 270 1/2 Fat; 75 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	28452	Vitamin B6 (mg):	13.8mg
% Calories from Fat:	50.8%	Vitamin B12 (mcg):	112.1mcg
% Calories from Carbohydrates:	36.9%		g
% Calories from Protein:	12.3%	Thiamin B1 (mg):	15.6mg
Total Fat (g):	1623g	Riboflavin B2 (mg):	25.4mg
Saturated Fat (g):	754g	Folacin (mcg):	5634mcg
Monounsaturated Fat (g):	624g	Niacin (mg):	119mg
Polyunsaturated Fat (g):	115g	Caffeine (mg):	29mg
Cholesterol (mg):	14280mg	Alcohol (kcal):	140
Carbohydrate (g):	2650g	% Refuse:	0.0%
Dietary Fiber (g):	146g		
Protein (g):	885g		
Sodium (mg):	30640mg		
Potassium (mg):	29826mg		
Calcium (mg):	14929mg		
Iron (mg):	155mg		
Zinc (mg):	100mg		
Vitamin C (mg):	1147mg		
Vitamin A (i.u.):	144196IU		
Vitamin A (r.e.):	24575RE		

Food Exchanges

Grain (Starch):	59 1/2
Lean Meat:	76
Vegetable:	47 1/2
Fruit:	9
Non-Fat Milk:	15
Fat:	270 1/2
Other Carbohydrates:	75 1/2

Nutrition Facts

Servings per Menu: 1

Amount Per Serving

Calories: 28452 Calories from Fat: 14456

% Daily Values*

Total Fat	1623g	2497%
Saturated Fat	754g	3769%
Cholesterol	14280mg	4760%
Sodium	30640mg	1277%
Total Carbohydrates	2650g	883%
Dietary Fiber	146g	583%
Protein	885g	
Vitamin A		2884%
Vitamin C		1911%
Calcium		1493%
Iron		863%

* Percent Daily Values are based on a 2000 calorie diet.

Gazpacho

Servings: 21

2 1/2 lb Tomato, peeled and diced
8 oz Onion, medium dice
1 Green pepper, medium dice
1 Red pepper, medium dice
1 lb Cucumber, peeled, seeded, medium dice
1 oz Garlic, minced
2 oz Red wine vinegar
2 oz Lemon juice
4 oz Olive oil
Salt and pepper, to taste
Cayenne pepper, to taste
3 oz Fresh bread crumbs (optional)
3 qt Tomato juice
White stock, as needed
-----GARNISH-----
8 oz Tomato, peeled, seeded, small dice
4 oz Red pepper, small dice
4 oz Green pepper, small dice
4 oz Yellow pepper, small dice
3 oz Cucumber, peeled, seeded, small dice
2 oz Green onion, sliced fine
Fresh basil, as needed

1. Combine and purée all ingredients except the tomato juice, stock and garnish in a VCM, food processor or blender.
2. Stir in the tomato juice.
3. Adjust the consistency with the stock.
4. Stir in the vegetables, the garnishes and adjust the seasonings.
5. Serve in chilled cups or bowls garnished with fresh basil.

Yield: 4 qt. (4 lt)

Tuscan Cream of Tomato

Servings: 12

4 ozs salt pork, scored
4 ozs butter, clarified
1 lb mirepoix, fine diced
1 clove garlic, minced
1 ea bay leaf
8 ozs flour
2 qts chicken stock
1 c tomatoes, diced
2 c tomato puree
1/2 c heavy cream

1. Fry the salt pork in the butter until rendered. Remove pork
2. Add the mirepoix and sweat till tender.
3. Add the spices and flour to make a roux, allow to cook for 3 minutes.
4. Add the chicken stock and whip till smooth, bring to a

gentle simmer.

5. Add the tomato products and allow to simmer for 1 hour.
6. Pass the soup through a food mill.
7. Temper the cream and add to the soup.
8. Adjust seasoning and serve.

For Tuscan style soup change this, Use prosciutto for the salt pork, mirepoix is 8 oz onions, 4 oz celery, 4 oz carrots

Use fresh tomatoes that have been tossed in olive oil and salt and pepper and then roasted

Finish soup with Pesto and cream

Salad Niçoise

Servings: 6

4 oz Red wine vinegar
Salt and pepper, to taste
12 oz Virgin olive oil
12 Basil leaves, chiffonade
1 head Chicory
6 Tomatoes
1 1/2 lb Cucumbers
12 oz Green beans
6 Eggs, hard-boiled
6 Artichokes
12 Romaine lettuce, large leaves, washed
2 Green bell peppers, batonnet
1 1/2 lb Tuna, fresh, grilled and chilled
4 oz Niçoise olives

1. Make a vinaigrette dressing using the red wine vinegar, salt, pepper, olive oil and basil leaves.
2. Wash and dry the chicory.
3. Core and cut each tomato into 8 wedges.
4. Peel and slice the cucumbers.
5. Trim and cook the green beans al dente.
6. Peel the eggs and cut into wedges.
7. Cook the artichokes. Trim the outer leaves from each artichoke, leaving only the heart. Remove the choke from the heart and cut each heart into quarters.
8. Line each cold plate with two romaine lettuce leaves, then arrange the remaining ingredients artistically. Use the contrasting shapes, colors and textures to create an attractive presentation.
9. At service, whisk the dressing to combine the ingredients and pour approximately 2 1/2 ounces (75 milliliters) over each salad.

Basic Vinaigrette Dressing

Servings: 32

8 oz Wine vinegar
Salt and pepper, to taste

24 oz Salad oil

1. Combine all ingredients and mix well. Store at room temperature.

Yield: 1 qt. (1 lt)

Spinach, Avocado, and Grapefruit Salad

Servings: 10

1 1/2 pounds Avocados, slices
1 3/4 pounds Grapefruit segments
2 pounds Spinach, Cleaned and wash
Balsamic Vinaigrette, as needed
Salt and Black Pepper, as needed

Toss together the avocados and grapefruit segments. This will prevent the avocados from browning

Toss the spinach with the vinaigrette, using only enough vinaigrette to coat the leaves very lightly. Adjust the seasoning with salt and pepper to taste

Arrange the spinach on chilled plates. Top it with the avocados and grapefruit.

Drizzle additional dressing on the avocado mixture

Serve immediately

Pici

Servings: 6

8 3/4 ounces durum wheat, flour
8 3/4 ounces all purpose flour
salt , to taste
water, as needed

Using the well method, mix flour and water and salt into the dough and knead it until smooth

Leave it rest for at least 40 minutes (covered with a damp towel)

Roll into strings about 7 mm thick

Work them with both hands so that they form a BIG
LOOKING SPAGHETTI NOODLE

Cook them in salted water, drain toss in sauce and serve with parmesan cheese

Sugo all' aglione

Servings: 6

clove garlic, The amount is up to you, from 2 to 20 cloves
4 ounces olive oil, extra virgin
2 pounds tomatoes, concasse
basil, fresh, to taste
salt and pepper, to taste
chilli of choice, to taste

Simmer the garlic and the chilli pepper in the oil without browning the garlic

Add the tomatoes and salt and leave to simmer for a few minutes until the garlic cloves are fork tender

To serve with Pici, add the pasta to the pan, toss and finish with basil

Sformato di Cavolfiore

Servings: 8

2 1/4 pounds Cauliflower
3 each eggs
3 ounces Parmesan cheese, grated
3 1/2 ounces Whole milk
1 3/4 ounces Butter
One batch bechamel sauce, made using 2 oz. flour, 2 oz. butter, and 1 pt. whole milk , Seasoned with nutmeg to taste
Salt and white pepper, To taste

Prepare the bechamel and leave to cool completely

Clean the cauliflower leaving while, and blanch in boiling salted water until it just starts to turn tender

Cut into pieces and cook in the milk and butter until a the liquid has been absorbed

Blend the mixture in a food processor and then add the cheese, bechamel, season

Add the eggs one at a time and mix well

Brush the inside of a mild with melted butter and cover with bread crumbs, Pour the mixture into the mold.

Place the mild into a water bath and cook at 375 degrees until done, about 50 minutes

Bruschette Con Pomodoro E Pizzico

6 slices truscan bread
1 each fresh tomato, chopped
garlic, to taste
salt and pepper, to taste
extra virgin olive oil
chilli powder, to taste
fresh basil leaf, chopped

For the bread. Toast the bread slices in oven until crisp. Remove and rub with garlic. Brush with a touch of olive oil

In a bowl mix the tomato, salt and pepper with the olive oil and chili powder.

Allow to marinate for a few minutes

Place a spoonful on each bread slice and finish with a little chopped basil

Verdure alla Griglia

Servings: 6

1 pound assorted firm vegetables such as eggplant, mushrooms, most any squash, onions, bell peppers.....
2 ounces balsamic vinegar
4 ounces extra virgin olive oil

salt and pepper, to taste
herbs of choice, to taste
2 tablespoons parsley fresh , chopped

Cut the vegetable into desire shape and size, this will vary depending on service style

Marinate the cut vegetables in the dressing for at least 1/2 hour

Cook on grill until vegetables are tender. Start with the "harder" vegetables first and finishing with the most tender vegetable

Garnish with chopped parsley and adjust seasoning

Insalata di Mare con Finocchio all Olio e Limone

Servings: 6

1 pound mussels, cleaned
1 pound clams, cleaned
1 pound shrimp 26/30, P/D cooked
2 each spuid , cut into rings
lemon juice, fresh, to taste
extra virgin olive oil, to taste
2 each fennel bulb, cut very thin
salt and pepper, to taste

To cook the mussels and clams, bring 1 cup of water and 1/2 cup white wine to a simmer in a saute pan along with any additional herbs or spices desired.

Place the mussels and clams into pan, cover and return to boil. Allow to cook until the shells open, turn off heat and allow to set

Cook the shrimp and squid in boiling salted water along with any additional spices desired, drain and cool

In a large bowl, toss all the ingredients together, adjust seasoning , Refrigerate for at least 30 minutes and serve

Spicy Italian Sausage

Servings: 20

5 lb Pork butt
1 1/2 Tbsp Salt
1 1/2 tsp Black pepper
1 1/2 tsp Fennel seeds
1 Tbsp Paprika
1 1/2 tsp Red pepper, crushed
3/4 tsp Coriander, ground
5 oz Cold water

1. Cut the meat into 2-inch (5-centimeter) cubes.
2. Combine the pork with the remaining ingredients except the water.
3. Grind the meat once through the coarse die of a well-chilled grinder.
4. Add the cold water and mix well.

5. Stuff the sausage into casings.

Yield: 5 lb. (2.2 kg)

Risotto all Ortolana

Servings: 8

3 ounces olive oil, extra virgin
1 each yellow onion, sliced
14 ounces leeks, sliced
10 ounces zucchini, sliced
10 ounces potato, chopped
10 ounces carrots, chopped
10 ounces peas
10 ounces cauliflower, chopped
34 ounces water or stock
14 ounces risotto
1 ounce parmesan cheese

In a large saucepan, heat the olive oil over high heat, add the onions and leeks and saute for 3 minutes or until golden in color

Add the zucchini, potatoes, carrots, peas, and cauliflower along with the water or stock and salt to taste

Cook for about 10 minutes or just enough to keep the vegetables crunchy. Remove from pan and set aside (save the cooking liquid)

Return to the cooking liquid to the fire and bring to a simmer

Using the remaining olive oil saute the risotto until just colored

Using a Risotto method of rice cooking along with the cooking liquid from the vegetables cook the rice.

After rice is cooked, add the cooked vegetables and mix well

Garnish with parmesan cheese

Timballo Partenopeo

Recipe of Lasagna Noodles, from the dough recipe, cooked are ready to use

Recipe of Bechamel Sauce

Recipe of Tomato Sauce

3 ounces olive oil

1 pound ground pork, veal, or beef, your choice, or use all three

4 ounces white wine

1 quart tomato sauce

10 ounces ricotta cheese

2 each hard boiled eggs, sliced into rings

8 ounces mozzarella cheese, grated or chopped

8 ounces parmesan cheese, grated

Heat the oil and add the ground meat, cook until golden.

Reduce the heat add the wine and salt and cook for about 10 minutes, remove from heat and set aside

Spread a few spoons of tomato sauce on the bottom of a

baking dish. Add a layer of lasagna noodles, drizzle with a few tablespoons of bechamel, add layers of ricotta, mozzarella, the ground meat, egg slices and then drizzle with a few tablespoons of tomato sauce. Repeat until all ingredients have been used

Finish with top layer of mozzarella and parmesan

Bake for 30 minutes or until completely hot. Let rest for 10 to 20 minutes before service

Lasagna Pasta Dough

11 ounces all purpose flour
4 ounces durum wheat flour
5 each eggs
water, as needed

Using a well method make a pasta dough that is firm, yet smooth to the touch

Cut the dough into two pieces, wrap the dough you are not working with

Form a square about the width of the pasta machine (this dough is a firm dough and the machine makes life a lot easier)

Dust with extra semolina flour as needed

Process the dough with the last roll being on # 5 (Atlas machine goes 1 - 7)

Cut pasta into rectangles that will fit the baking pan

Cook the dough in salted boiling water until al dente

Remove from pot and dip into cold water to stop the cooking.

Lasagne

Servings: 6

Lasagne sheets using the recipe for Fresh Egg Pasta
One recipe of Meat Ragout
One recipe of Becemel Sauce, cooled
Parmesan cheese, grated, to taste

Make the pasta sheets and cook them in salted water

Drain them and pass them in cold water, dry on clean towel

Coat a pan with some butter, put inside one layer of lasagne, ragout, bechamel, and parmesan, repeat

On top put some butter and cook in oven at 375 degrees for about 40 minutes

Bechamel Sauce

3 ounces butter
1 ounce flour
2 1/2 cups whole milk
salt, to taste
nutmeg, to taste
white pepper, to taste

Add flour and stir

Add cold milk, stirring continuously until all ingredients are combine and smooth, allow to cook for 5 minutes

Season

Tomato Sauce (Lasagna)

3 tablespoons olive oil
2 cloves garlic, sliced
1 each yellow onion, small, chopped
2 1/2 cups Roma tomato, crushed
2 tablespoons basil, fresh, chopped
Salt and pepper, to taste
sugar, to taste

In sauce pan, cook the garlic and onions for about 1 minute

Add the tomatoes, basil, salt and sugar: stir well and simmer for about 25 minutes

Cannelloni alla Biagio

Servings: 4

lasagna dough for making the pasta
beshamel sauce, from recipe
tomato sauce from recipe
1 pound beef, round or chuck, finely chopped
salt and pepper, to taste
2 each eggs
12 ounces ricotta cheese
6 ounces mozzarella cheese, grated or chopped
2 ounces pecorino cheese, grated
2 ounces parmesan cheese, grated

For the pasta, After the dough has been made and rolled out cut into squares about 2 1/2 to 3 inches. Cook the pasta in boiling salted water until al dente. Dip in ice water to stop cooking and place on oiled wax paper.

For the filling, Brown the beef in a saute pan, drain off all excess fat. Season with salt and pepper. Remove from heat and cool for 10 minutes.

Add the eggs and the cheeses and mix very well

Add enough bechamel sauce to make a creamy filling. Reserve remaining sauce

To Assembly. Preheat oven to 350 degrees. Working on the oiled wax paper lay out pasta squares. Using a pasty bag pipe the filling along one edge.

Roll up the pasta around the filling. Continue until all pasta and filling has been used

Spread a little tomato sauce on the bottom of a baking dish

Arrange cannelloni in dish, top with tomato sauce, Drizzle with addition bechamel sauce and parmesan if desired

Bake for about 30 minutes

Caprese Salad

Servings: 25

50 slices Fresh mozzarella
50 slices Tomatoes
4 Tablespoons Fresh basil leaves, chiffonade
Salt and pepper, to taste
3 Tablespoons Extra-virgin olive oil

Arrange the mozzarella and tomato slices in overlapping circles on a serving platter, alternating slices of cheese and tomato.

Sprinkle the basil, salt and pepper over the salad. Drizzle with the olive oil.

Funghi e Spinaci all Olio e Limone

Servings: 25

50 ounces Baby spinach leaves
50 ounces mushrooms very fresh
20 7/8 tablespoons E.v. olive oil
8 1/3 tablespoons fresh lemon juice
4 1/8 cloves garlic, minced
to taste salt and black pepper
1 1/16 cups thinly sliced scallions
8 1/3 ounces pancetta, diced small and fried crisp
2 1/16 cups freshly grated parmesan

Trim the stems from the spinach, and wash thoroughly in several sinkfulls of ice cold water, until clean. Drain completely and size to small pieces by tearing them gently.

Clean the mushrooms with a towel, and slice uniformly, fairly thin.

Combine the olive oil, lemon juice, garlic, salt and pepper, and scallions, and carefully toss with the mushrooms, and spinach.

Arrange the dressed salad in a suitable dish, and sprinkle the top with fried pancetta and parmesan cheese. also a nice touch is to toast some of the parmesan for garnish.

Insalata de Finocchio ed olive

Servings: 25

6 1/4 heads fennel bulb
75 each calamata olives, pitted
6 1/4 tablespoons italian parsley, chopped
18 3/4 tablespoons e.v. olive oil
6 1/4 tablespoons white wine vinegar
6 1/4 cloves garlic, minced
6 1/4 teaspoons oregano, chopped
to taste salt and pepper
top of fennel head for garnish

Remove the top of the fennel head and reserve, slice the bulb into nice looking sections.

Combine the fennel, olives, parsley, in an appropriate size bowl.

with a fork, stir together the oil, vinegar, oregano, and salt and pepper, and pour over the salad, toss well and serve.

Garnish with fennel top.

Hazelnut Gelato

5 ounces toasted hazelnuts, skinned
2 1/2 cups whole milk
1/3 cup heavy cream
4 large egg yolks
3/4 cup sugar

Toast nuts and remove skin with a kitchen towel. Cool completely and pulse with 1/4 cup of sugar and pinch of salt in food processor until finely chopped.

Transfer to a heavy sauce pan, add milk and cream and bring to a simmer.

Whisk together yolks and sugar and temper into hot liquid. Stirring constantly, cook over low heat to 175 degrees or until custard had napped. (Do not let boil)

Let steep, covered for 1 hour. Pour through fine-mesh sieve into bowl, pressing hard on the solids, then discard them. When custard is cold, process the strained custard in ice cream machine.

Ice Cream Base

13 egg yolks
1 quart heavy cream
2 cups milk
1 1/2 cups sugar
1 vanilla beans, scraped
1/4 Tablespoon salt
1/2 Tablespoon vanilla extract

Bring all ingredients EXCEPT egg yolks and sugar to a simmer in a heavy bottom, non-reactive pot. Whisk yolks and sugar in a large bowl. Temper the egg mixture with the hot cream until eggs are very warm, then add back in the pot. Stirring constantly, cook until mixture begins to thicken or is napped. Strain and cool for minimum of 4 hours before processing in the ice cream machine.

Pastry Cream Filling

24 fluid ounces Milk
8 fluid ounces Heavy cream
7 1/2 ounces Granulated sugar
10 Egg yolks
2 1/4 ounces Cornstarch

Boil the milk, heavy cream and 3 ounces (120 grams) of the sugar in a large stainless saucepan.

Whisk the egg yolks in a mixing bowl and gradually add the remaining sugar. Whisk in the cornstarch to combine.

Temper the egg yolk mixture with one quarter of the boiling milk. Return the egg mixture to the pan and cool, whisking vigorously until the cream boils and is well thickened.

Remove from heat and chill the filling over an ice bath then cover and keep refrigerated. This cream should keep for 3 to 4 days.

Pate a Choux

1 pound Water or Milk
8 ounces Unsalted Butter or Shortening
1 Teaspoon Salt
12 ounces Bread Flour
1 1/4 pounds Eggs

Combine liquid, butter and salt in heavy saucer pan and bring to a full, rolling boil

Over moderate heat, add flour all at once and stir quickly until dough forms a ball and pulls away from the sides of the pan. Continue to cook over the heat for one additional minute.

Transfer dough to the bowl of a mixer and using the paddle attachment, paddle until it has cooled to about 140 degrees, which is still very warm but not too hot to touch.

Add cold eggs one at a time and wait until each addition is entirely absorbed before adding more.

Pate a Choux needs to be piped immediately but can sit for up to an hour before baking if kept in a draft free area.

Bake at 425 for first 5 minutes and then lower the temperature to 375 and cook until shell has completely turned a medium golden color.

Removing prematurely will cause the pate a choux shapes to collapse and flatten. Cool completely before filling and finishing

Acquacotta Senese

Servings: 6

6 slices tuscan style bread
17 ounces mushrooms, porcini, cleaned and sliced
5 ounces tomato, concasse
3 each eggs
2 cloves garlic
1 leave mint
1 each red onion, diced
4 tablespoons Parmisan, to taste (+ or -)
Extra virgin olive oil, to taste
Salt and pepper, to taste
1 1/2 quarts broth, of your choice, Beef, Chicken or Veggie, they may be mixed

In the olive oil saute the mushrooms with the garlic until just tender, add the mint leave

After 10 minutes add the tomatoes and season with salt and pepper

Allow mixture to cook for about 10 minutes over medium heat then add the broth

Cook for an additional 30 minutes

Beat the eggs together with the parmesan and pour into the soup while mixing vigorously

To server place a slice of tasted bread sprinkled with cheese into each bowl. Pour the "Acquacotta" over the bread

Besciamella Per Pasta Al Forno

33 ounces Whole milk
4 ounces Whole butter
4 ounces flour, all-purpose
white pepper, to taste
Nutmeg, to taste
Salt, to taste

Heat the milk and put to one side

Melt the butter in a pan and then add sifted flour
Stir the mixture well

Remove from the heat and add all the milk

Add the salt, pepper, and nutmeg

Braciole al Ragu

Servings: 4

8 slices round steak, sliced thin, see note
salt and pepper, to taste
1 clove garlic, sliced thin
3 tablespoons parsley, fresh, chopped
1 ounce pecorion cheese, grated
1 ounce pine nut, shelled and toasted
1 ounce raisin
1 small yellow onion, sliced
2 1/2 pounds tomatoes, crushed, see note
1 cup white wine, dry

Flatten beef with a meat hammer or your hands, season with salt and pepper

Distribute the garlic along the meat, sprinkle with parsley, cheese, pinenuts, and raisins. Roll meat and secure with toothpicks or cooking twine.

In fry pan heat the some olive oil and saute the onion until colored

Add the meat and brown on all sides

Add the wine and tomatoes, stir and reduce heat to low

Allow to cook until tender

Dont forget to remove the toothpick or string as used

Budino Di Riso

Servings: 4

1 quart milk, whole
7 ounces rice
1 3/4 ounces butter unsalted, melted
3 each eggs, beaten
7 ounces sugar
1/2 ounce baking powder
lemon zest, to taste
2 tablespoons flour
salt, to taste
confectioners sugar, to finish

Boil the rice in the milk in a large sauce pan with a touch of salt. Cook until very tender and drain as needed

Add the melted butter, eggs, and lemon zest to the rice, mix well.

Add the flour and baking powder and mix again, allow to cool

Mix the rice again and pour into a well buttered baking pan

Place into a preheated oven for about 1 hour (365 degrees)

De-mold and dust with confectioner's sugar

Cantucchi Biscuits

Servings: 6

14 ounces flour

9 ounces sugar

5 ounces shelled almonds, toasted

3 each eggs

3 each egg yolk

1 tablespoon baking powder

1 teaspoon orange essence

1 teaspoon salt

baking pan buttered and flour

Whip 2 eggs with the yolks and sugar.

Add the flour, baking powder, orange essence and the salt

Add the whole almonds

Mix together and form a flatten ball

Cut the pastry so that you obtain long and high strips

Place onto baking pan and brush them with remain 1 egg (whipped)

Bake at 375 for about 15 minutes.

Allow to cook and cut using a bias cut

Bake again for about 10 minutes

Fried Courgette Flowers and Sage

Servings: 6

12 each zucchini, flowers, washed and dried

12 each sage leaves, washed and dried

3 1/2 ounces flour

8 ounces beer, you may use water or any combination of beer and water

2 ounces olive oil

salt and pepper, to taste

Put the flour and liquid into a bowl and make a batter, add the salt and pepper. Note this batter will be a little thin

For the zucchini clean the flowers removing the stem and inner pistil. For the sage trim as needed

Batter and fry and drain

Season and sever

Peposo

Servings: 6

2 pounds Beef chuck, 1 inch cubes

6 cloves Garlic, Peeled

3 tablespoons Extra Virgin olive oil

6 ounces Red wine

Salt and black pepper, to taste

Put garlic, oil, wine, steak, salt and pepper into a large earthenware dish

cover completely with cold water, put on lid and place into the oven at 375 degrees

Cook for about two hours, checking that it does not dry out too much, if so add a little warm water

The meat should be very tender by the end and the sauce will reduce and thicken

Some diced tomatoes may be added to flavor the sauce

Ricetta Base Per La Pasta Fresca

10 1/2 ounces flour, all-purpose

3 each eggs

pinch salt

Water, as needed, luke warm

Sift the flour onto a wooden surface. In the center of the pile of flour, make a large hole, kind of looks like a volcano

Add the salt and whole eggs into the center, you may also add a touch of extra virgin olive oil at this point

Using a fork, gradually mix the eggs and the flour together, starting from the center and mixing in a little flour at a time, using small circular movement until there is no flour left, or the eggs have absorbed as much flour as is necessary to create the right consistency of dough

The dough should be smooth and even. If the dough should be a little stiff, add a little luke warm water before the flour bonds completely with the eggs.

Knead the dough energetically for at least 15 minutes, until the dough is nice and elastic. Roll into a ball and leave to sit, completely covered, for 30 minutes

Cover the wooden surface with a thin veil of flour. Flatten the dough with your hands and then roll out as thin as possible with a rolling pin. The smaller the ball of pasta, the easier it is to roll it out.

Leave the pasta sheets to dry on a clean cloth, without drying them out completely, cut into desired shapes

Sugo di Carne

Servings: 6

7 ounces Ground beef, From the chuck

3 1/2 ounces Ground pork

14 ounces tomatoes, concasse

1 each Red onion, fine diced

1 each carrot, fine diced

1 Bunch Italian parsley, chopped

1 stalk celery rib, fine diced
Olive oil
Red wine
Salt and pepper, to taste
2 each sage leaves
Stock, of your choice

Saute the vegetable in the olive oil until just tender, allow them to color up just a bit

Add the meat and brown over high heat

Add 4 to 6 ounce of red wine and leave to evaporate

Add the tomatoes, salt and pepper

Cook over low heat occasionally adding stock for at least three hours

Add the sage leaves half an hour before the sauce is finished

Tagliata with shallots and rosemary

Servings: 6

2 pounds sirloin steak, trimmed
9 ounces shallots, peeled
7 ounces red wine
2 ounces beef glaze
2 sprigs rosemary
1 ounce butter, unsalted
1 ounce extra virgin olive oil
salt and pepper, to taste

Peel the shallots and cook for about 15 minutes in the oil and butter, cook until lightly brown

Add the wine beef glaze, and rosemary and cook for an additional 10 minute, allow to reduce

Season the steak with salt, pepper and olive oil, cook to desire degree of doneness and allow to rest for 5 minutes or so

Slice the steak into thin slices lay on serving platter.

Place the shallots over the steak and pour the sauce over the steak, remove the rosemary before serving

Garnish with finely chopped rosemary or chopped mint

Torta Di Mele

4 each Large apple
6 ounces flour
10 1/2 ounces sugar
3 1/2 ounces butter
raisins, pre-soaked
pine nut
1/2 ounce baking powder
1 teaspoon lemon zest
4 ounces milk chocolate
1/2 teaspoon salt
3 each eggs

Beat the sugar into the eggs. Add melted butter, flour, milk, baking powder, lemon, pine nuts, raisins, and salt

Grease a baking tin and line with breadcrumbs or flour

Pour in the mixture

Place the apples, cleaned and thinly sliced over the top of the mixture, or you can add them to the mixture

Cook for about 1 hour at 350 degrees

Pasta a Fagioli al Veneto

Servings: 10

2 quarts beef stock
5 ounces white beans, soaked, cooked
3 ounces pancetta, minced
1 ounce olive oil
8 ounces mirepoix, fine diced
6 ounces potato, fine diced
6 cloves garlic, minced
1 each sachet bag, see note
1 cup pasta, cooked
1/2 cup parmesan cheese, grated
1/4 cup olive oil
1/4 cup Italian parsley, chopped

Render the pancetta with the olive oil. Add the mirepoix, potatoes and garlic and cook over low heat until tender.

Add the cooked beans along with the beef stock

Add the sachet bag and simmer for 20 minutes, remove sachet

Adjust the seasoning of the soup

Add the cooked pasta, this is actually a garnish for the soup

To serve, top each serving with grated parmesan, olive oil and chopped Italian parsley

Shopping List

Item	Amount/Unit	Location	Recipe	Cost	Coupon
<input type="checkbox"/> tomatoes	6 1/4 pounds	produce	Gazpacho, Sugo all' aglione, Acquacotta Senese, Sugo di Carne		
<input type="checkbox"/> onions	8 oz	produce	Gazpacho		
<input type="checkbox"/> green peppers	1	produce	Gazpacho		
<input type="checkbox"/> red peppers	1	produce	Gazpacho		
<input type="checkbox"/> cucumbers	2 5/8 pounds	produce	Gazpacho, Salad Niçoise		
<input type="checkbox"/> medium dice			Gazpacho		
<input type="checkbox"/> garlic	1 oz	produce	Gazpacho		
<input type="checkbox"/> red wine vinegar	6 ounces	vinegars	Gazpacho, Salad Niçoise		
<input type="checkbox"/> lemon juice	2 oz	produce	Gazpacho		
<input type="checkbox"/> olive oil	3/4 pound	cooking oils/shortening	Gazpacho, Sugo all' aglione, Timballo Partenopeo, Fried Courgette Flowers and Sage, Pasta a Fagioli al Veneto		
<input type="checkbox"/> salt and pepper		spices and seasonings	Gazpacho, Salad Niçoise, Basic Vinaigrette Dressing, Sugo all' aglione, Bruschette Con Pomodoro E Pizzico, Verdure alla Griglia, Insalata di Mare con Finocchio all Olio e Limone, Tomato Sauce (Lasagna), Cannelloni alla Biagio, Caprese Salad, Acquacotta Se		
<input type="checkbox"/> cayenne pepper		spices and seasonings	Gazpacho		
<input type="checkbox"/> Fresh bread crumbs (optional)	3 oz		Gazpacho		
<input type="checkbox"/> tomato juice	3 qt	fruit and vegetable juices	Gazpacho		
<input type="checkbox"/> White stock			Gazpacho		
<input type="checkbox"/>			Gazpacho		
<input type="checkbox"/> -----GARNISH-----			Gazpacho		
<input type="checkbox"/> small dice			Gazpacho		
<input type="checkbox"/> red peppers	4 oz	produce	Gazpacho		
<input type="checkbox"/> green peppers	4 oz	produce	Gazpacho		
<input type="checkbox"/> yellow peppers	4 oz	produce	Gazpacho		
<input type="checkbox"/> green onions	2 oz	produce	Gazpacho		
<input type="checkbox"/> fresh basil		produce	Gazpacho, Sugo all' aglione		
<input type="checkbox"/> salt pork	4 ozs	meat and poultry	Tuscan Style Cream of Tomato		

<input type="checkbox"/> butter	3/4 pound	dairy products	Tuscan Style Cream of Tomato, Sformato di Cavolfiore, Bechamel Sauce, Torta Di Mele
<input type="checkbox"/> mirepoix	1 1/2 pounds		Tuscan Style Cream of Tomato, Pasta a Fagioli al Veneto
<input type="checkbox"/> garlic	28 3/8 cloves	produce	Tuscan Style Cream of Tomato, Sugo all' aglione, Tomato Sauce (Lasagna), Funghi e Spinaci all Olio e Limone, Insalata de Finocchio ed olive, Acquacotta Senese, Braciola al Ragù, Peposo, Pasta a Fagioli al Veneto
<input type="checkbox"/> bay leaves	1 ea	spices and seasonings	Tuscan Style Cream of Tomato
<input type="checkbox"/> flour	2 pounds	flours	Tuscan Style Cream of Tomato, Cantucchi Biscuits, Fried Courgette Flowers and Sage, Torta Di Mele
<input type="checkbox"/> chicken stock	2 qts	soups and gravies	Tuscan Style Cream of Tomato
<input type="checkbox"/> tomatoes	1 c	produce	Tuscan Style Cream of Tomato
<input type="checkbox"/> tomato puree	2 c	tomato sauces	Tuscan Style Cream of Tomato
<input type="checkbox"/> heavy cream	1 1/2 quarts	dairy products	Tuscan Style Cream of Tomato, Hazelnut Gelato, Ice Cream Base, Pastry Cream Filling
<input type="checkbox"/> virgin olive oil	12 oz	cooking oils/shortening	Salad Niçoise
<input type="checkbox"/> fresh basil leaves	12	produce	Salad Niçoise, Bruschette Con Pomodoro E Pizzico
<input type="checkbox"/> chicory greens	1 head	produce	Salad Niçoise
<input type="checkbox"/> tomatoes	6	produce	Salad Niçoise
<input type="checkbox"/> green beans	12 oz	produce	Salad Niçoise
<input type="checkbox"/> eggs	6	dairy products	Salad Niçoise
<input type="checkbox"/> artichokes	6	produce	Salad Niçoise
<input type="checkbox"/> romaine lettuce	12	produce	Salad Niçoise
<input type="checkbox"/> green bell peppers	2	produce	Salad Niçoise
<input type="checkbox"/> tuna	1 1/2 lb	fresh seafood	Salad Niçoise
<input type="checkbox"/> chilled			Salad Niçoise
<input type="checkbox"/> Niçoise olives	4 oz		Salad Niçoise
<input type="checkbox"/> wine vinegar	8 oz	vinegars	Basic Vinaigrette Dressing
<input type="checkbox"/> salad oil	24 oz	cooking oils/shortening	Basic Vinaigrette Dressing
avocados	1 1/2 pounds	produce	Spinach, Avocado, and

<input type="checkbox"/>				Grapefruit Salad
<input type="checkbox"/>	Grapefruit segments	1 3/4 pounds		Spinach, Avocado, and Grapefruit Salad
<input type="checkbox"/>	spinach	2 pounds	produce	Spinach, Avocado, and Grapefruit Salad
<input type="checkbox"/>	Balsamic Vinaigrette			Spinach, Avocado, and Grapefruit Salad
<input type="checkbox"/>	Salt and Black Pepper			Spinach, Avocado, and Grapefruit Salad, Peposo
<input type="checkbox"/>	durum wheat, flour	8 3/4 ounces		Pici
<input type="checkbox"/>	all purpose flour	8 3/4 ounces		Pici
<input type="checkbox"/>	salt			Pici, Bechamel Sauce
<input type="checkbox"/>	water			Pici, Lasagna Pasta Dough, Ricetta Base Per La Pasta Fresca
<input type="checkbox"/>	chilli of choice			Sugo all' aglione
<input type="checkbox"/>	cauliflower	2 7/8 pounds	produce	Sformato di Cavolfiore, Risotto all Ortolana
<input type="checkbox"/>	eggs	25 each	dairy products	Sformato di Cavolfiore, Lasagna Pasta Dough, Cannelloni alla Biagio, Acquacotta Senese, Budino Di Riso, Cantucchi Biscuits, Ricetta Base Per La Pasta Fresca, Torta Di Mele
<input type="checkbox"/>	Parmesan cheese	7/8 pound	dairy products	Sformato di Cavolfiore, Risotto all Ortolana, Timballo Partenopeo, Cannelloni alla Biagio
<input type="checkbox"/>	whole milk	2 1/4 pounds	dairy products	Sformato di Cavolfiore, Besciamella Per Pasta Al Forno
<input type="checkbox"/>	One batch bechamel sauce, made using 2 oz. flour, 2 oz. butter, and 1 pt. whole milk			Sformato di Cavolfiore
<input type="checkbox"/>	salt and white pepper		spices and seasonings	Sformato di Cavolfiore
<input type="checkbox"/>	truscan bread	6 slices		Bruschette Con Pomodoro E Pizzico
<input type="checkbox"/>	tomatoes	1 each	produce	Bruschette Con Pomodoro E Pizzico
<input type="checkbox"/>	garlic		produce	Bruschette Con Pomodoro E Pizzico
<input type="checkbox"/>	extra virgin olive oil		cooking oils/shortening	Bruschette Con Pomodoro E Pizzico, Insalata di Mare con Finocchio all Olio e Limone, Acquacotta Senese
<input type="checkbox"/>	chilli powder			Bruschette Con Pomodoro E Pizzico
<input type="checkbox"/>	assorted firm vegetables such as eggplant, mushrooms,	1 pound		Verdure alla Griglia

most any squash, onions, bell peppers.....

<input type="checkbox"/>	balsamic vinegar	2 ounces	vinegars	Verdure alla Griglia
<input type="checkbox"/>	extra virgin olive oil	5 ounces	cooking oils/shortening	Verdure alla Griglia, Tagliata with shallots and rosemary
<input type="checkbox"/>	herbs of choice			Verdure alla Griglia
<input type="checkbox"/>	parsley fresh	2 tablespoons		Verdure alla Griglia
<input type="checkbox"/>	mussels	1 pound	fresh seafood	Insalata di Mare con Finocchio all Olio e Limone
<input type="checkbox"/>	clams	1 pound	fresh seafood	Insalata di Mare con Finocchio all Olio e Limone
<input type="checkbox"/>	shrimp 26/30	1 pound		Insalata di Mare con Finocchio all Olio e Limone
<input type="checkbox"/>	spuid	2 each		Insalata di Mare con Finocchio all Olio e Limone
<input type="checkbox"/>	lemon juice, fresh			Insalata di Mare con Finocchio all Olio e Limone
<input type="checkbox"/>	fennel bulbs	2 each	produce	Insalata di Mare con Finocchio all Olio e Limone
<input type="checkbox"/>				Insalata di Mare con Finocchio all Olio e Limone
<input type="checkbox"/>	Pork butt	5 lb		Spicy Italian Sausage
<input type="checkbox"/>	salt	2 1/4 tablespoons	spices and seasonings	Spicy Italian Sausage, Ice Cream Base, Pate a Choux, Ricetta Base Per La Pasta Fresca, Torta Di Mele
<input type="checkbox"/>	black pepper	1 1/2 tsp	spices and seasonings	Spicy Italian Sausage
<input type="checkbox"/>	fennel seeds	1 1/2 tsp	spices and seasonings	Spicy Italian Sausage
<input type="checkbox"/>	paprika	1 Tbsp	spices and seasonings	Spicy Italian Sausage
<input type="checkbox"/>	red peppers	1 1/2 tsp	produce	Spicy Italian Sausage
<input type="checkbox"/>	coriander	3/4 tsp	produce	Spicy Italian Sausage
<input type="checkbox"/>	water	5 oz		Spicy Italian Sausage
<input type="checkbox"/>	olive oil, extra virgin	3 ounces		Risotto all Ortolana
<input type="checkbox"/>	yellow onions	1 each	produce	Risotto all Ortolana
<input type="checkbox"/>	leeks	14 ounces	produce	Risotto all Ortolana
<input type="checkbox"/>	zucchini	10 ounces	produce	Risotto all Ortolana
<input type="checkbox"/>	potatoes	1 pound	produce	Risotto all Ortolana, Pasta a Fagioli al Veneto
<input type="checkbox"/>	carrots	10 ounces	produce	Risotto all Ortolana
<input type="checkbox"/>	peas	10 ounces	produce	Risotto all Ortolana
<input type="checkbox"/>	water or stock	34 ounces		Risotto all Ortolana

<input type="checkbox"/>	risotto	14 ounces		Risotto all Ortolana
<input type="checkbox"/>	Recipe of Lasagna Noodles, from the dough recipe, cooked are ready to use			Timballo Partenopeo
<input type="checkbox"/>	Recipe of Bechamel Sauce			Timballo Partenopeo
<input type="checkbox"/>	Recipe of Tomato Sauce			Timballo Partenopeo
<input type="checkbox"/>	ground pork, veal, or beef	1 pound		Timballo Partenopeo
<input type="checkbox"/>	white wine	4 ounces	beer and wine	Timballo Partenopeo
<input type="checkbox"/>	tomato sauce	1 quart	tomato sauces	Timballo Partenopeo
<input type="checkbox"/>	ricotta cheese	1 3/8 pounds	dairy products	Timballo Partenopeo, Cannelloni alla Biagio
<input type="checkbox"/>	hard boiled eggs	2 each		Timballo Partenopeo
<input type="checkbox"/>	mozzarella cheese	7/8 pound	dairy products	Timballo Partenopeo, Cannelloni alla Biagio
<input type="checkbox"/>	all purpose flour	11 ounces		Lasagna Pasta Dough
<input type="checkbox"/>	durum wheat flour	4 ounces		Lasagna Pasta Dough
<input type="checkbox"/>	Lasagne sheets using the recipe for Fresh Egg Pasta			Lasagne
<input type="checkbox"/>	One recipe of Meat Ragout			Lasagne
<input type="checkbox"/>	One recipe of Becemel Sauce, cooled			Lasagne
<input type="checkbox"/>	Parmesan cheese		dairy products	Lasagne
<input type="checkbox"/>	flour	1 ounce		Bechamel Sauce
<input type="checkbox"/>	whole milk	2 1/2 cups		Bechamel Sauce
<input type="checkbox"/>	nutmeg		spices and seasonings	Bechamel Sauce, Besciamella Per Pasta Al Forno
<input type="checkbox"/>	white pepper		spices and seasonings	Bechamel Sauce, Besciamella Per Pasta Al Forno
<input type="checkbox"/>	olive oil	3/8 cup	cooking oils/shortening	Tomato Sauce (Lasagna), Pasta a Fagioli al Veneto
<input type="checkbox"/>	yellow onion, small	1 each		Tomato Sauce (Lasagna)
<input type="checkbox"/>	Roma tomato	2 1/2 cups	produce	Tomato Sauce (Lasagna)
<input type="checkbox"/>	fresh basil	2 tablespoons	produce	Tomato Sauce (Lasagna)
<input type="checkbox"/>	sugar			Tomato Sauce (Lasagna)
<input type="checkbox"/>	lasagna dough for making the pasta			Cannelloni alla Biagio
<input type="checkbox"/>	beshamel sauce, from recipe			Cannelloni alla Biagio
<input type="checkbox"/>	tomato sauce from recipe			Cannelloni alla Biagio
<input type="checkbox"/>	beef, round or chuck	1 pound		Cannelloni alla Biagio

<input type="checkbox"/>	pecorino cheese	2 ounces		Cannelloni alla Biagio
<input type="checkbox"/>	Fresh mozzarella	50 slices		Caprese Salad
<input type="checkbox"/>	tomatoes	50 slices	produce	Caprese Salad
<input type="checkbox"/>	fresh basil leaves	4 Tablespoons	produce	Caprese Salad
<input type="checkbox"/>	extra virgin olive oil	3/8 cup	cooking oils/shortening	Caprese Salad, Peposo
<input type="checkbox"/>	Baby spinach leaves	50 ounces		Funghi e Spinaci all Olio e Limone
<input type="checkbox"/>	mushrooms very fresh	50 ounces		Funghi e Spinaci all Olio e Limone
<input type="checkbox"/>	E.v. olive oil	2 1/2 cups		Funghi e Spinaci all Olio e Limone, Insalata de Finocchio ed olive
<input type="checkbox"/>	fresh lemon juice	8 1/3 tablespoons	produce	Funghi e Spinaci all Olio e Limone
<input type="checkbox"/>	salt and black pepper	to taste		Funghi e Spinaci all Olio e Limone
<input type="checkbox"/>	thinly sliced scallions	1 1/16 cups		Funghi e Spinaci all Olio e Limone
<input type="checkbox"/>	pancetta	2/3 pound	lunchmeat/deli products	Funghi e Spinaci all Olio e Limone, Pasta a Fagioli al Veneto
<input type="checkbox"/>	fresly grated parmesan	2 1/16 cups		Funghi e Spinaci all Olio e Limone
<input type="checkbox"/>	fennel bulbs	6 1/4 heads	produce	Insalata de Finocchio ed olive
<input type="checkbox"/>	calamata olives	75 each		Insalata de Finocchio ed olive
<input type="checkbox"/>	Italian parsley	5/8 cup	produce	Insalata de Finocchio ed olive, Pasta a Fagioli al Veneto
<input type="checkbox"/>	white wine vinegar	6 1/4 tablespoons	vinegars	Insalata de Finocchio ed olive
<input type="checkbox"/>	oregano	6 1/4 teaspoons	spices and seasonings	Insalata de Finocchio ed olive
<input type="checkbox"/>	salt and pepper	to taste	spices and seasonings	Insalata de Finocchio ed olive
<input type="checkbox"/>	top of fennel head for garnish			Insalata de Finocchio ed olive
<input type="checkbox"/>	toasted hazelnuts	5 ounces		Hazelnut Gelato
<input type="checkbox"/>	whole milk	2 1/2 cups	dairy products	Hazelnut Gelato
<input type="checkbox"/>	egg yolks	4 large	dairy products	Hazelnut Gelato
<input type="checkbox"/>	sugar	2 1/4 cups	baking products	Hazelnut Gelato, Ice Cream Base
<input type="checkbox"/>	egg yolks	23	dairy products	Ice Cream Base, Pastry Cream Filling
<input type="checkbox"/>	milk	1 1/4 quarts	dairy products	Ice Cream Base, Pastry Cream Filling
<input type="checkbox"/>	vanilla beans , scraped	1		Ice Cream Base

<input type="checkbox"/>	vanilla extract	1/2 Tablespoon	baking products	Ice Cream Base
<input type="checkbox"/>	granulated sugar	7 1/2 ounces	baking products	Pastry Cream Filling
<input type="checkbox"/>	cornstarch	2 1/4 ounces	flours	Pastry Cream Filling
<input type="checkbox"/>	Water or Milk	1 pound		Pate a Choux
<input type="checkbox"/>	Unsalted Butter or Shortening	8 ounces		Pate a Choux
<input type="checkbox"/>	bread flour	12 ounces	flours	Pate a Choux
<input type="checkbox"/>	eggs	1 1/4 pounds	dairy products	Pate a Choux
<input type="checkbox"/>	Additional Assorted Recipes			
<input type="checkbox"/>	tuscan style bread	6 slices		Acquacotta Senese
<input type="checkbox"/>	mushrooms, porcini	17 ounces		Acquacotta Senese
<input type="checkbox"/>	fresh mint	1 leave	produce	Acquacotta Senese
<input type="checkbox"/>	red onions	2 each	produce	Acquacotta Senese, Sugo di Carne
<input type="checkbox"/>	Parmisan	4 tablespoons		Acquacotta Senese
<input type="checkbox"/>	broth, of your choice, Beef, Chicken or Veggie, they may be mixed	1 1/2 quarts		Acquacotta Senese
<input type="checkbox"/>	Whole butter	4 ounces		Besciamella Per Pasta Al Forno
<input type="checkbox"/>	all-purpose flour	7/8 pound	flours	Besciamella Per Pasta Al Forno, Ricetta Base Per La Pasta Fresca
<input type="checkbox"/>	salt		spices and seasonings	Besciamella Per Pasta Al Forno, Budino Di Riso
<input type="checkbox"/>	round steak, sliced thin	8 slices		Bracirole al Ragù
<input type="checkbox"/>	parsley, fresh	3 tablespoons		Bracirole al Ragù
<input type="checkbox"/>	pecorion cheese	1 ounce		Bracirole al Ragù
<input type="checkbox"/>	pine nuts (pignolia)	1 ounce	nuts and seeds	Bracirole al Ragù
<input type="checkbox"/>	raisins	1 ounce	dried fruit	Bracirole al Ragù
<input type="checkbox"/>	yellow onions	1 small	produce	Bracirole al Ragù
<input type="checkbox"/>	tomatoes, crushed	2 1/2 pounds		Bracirole al Ragù
<input type="checkbox"/>	white wine, dry	1 cup		Bracirole al Ragù
<input type="checkbox"/>	milk, whole	1 quart		Budino Di Riso
<input type="checkbox"/>	rice	7 ounces	dried beans and rice	Budino Di Riso
<input type="checkbox"/>	butter unsalted	1 3/4 ounces		Budino Di Riso
<input type="checkbox"/>	sugar	1 2/3 pounds	baking products	Budino Di Riso, Cantucchi Biscuits, Torta Di Mele
<input type="checkbox"/>	baking powder	1 ounce	baking products	Budino Di Riso, Torta Di Mele

<input type="checkbox"/>	lemon zest		produce	Budino Di Riso
<input type="checkbox"/>	flour	2 tablespoons	flours	Budino Di Riso
<input type="checkbox"/>	confectioners sugar			Budino Di Riso
<input type="checkbox"/>	shelled almonds, toasted	5 ounces		Cantucchi Biscuits
<input type="checkbox"/>	egg yolks	3 each	dairy products	Cantucchi Biscuits
<input type="checkbox"/>	baking powder	1 tablespoon	baking products	Cantucchi Biscuits
<input type="checkbox"/>	orange essence	1 teaspoon		Cantucchi Biscuits
<input type="checkbox"/>	salt	1 teaspoon		Cantucchi Biscuits
<input type="checkbox"/>	buttered and flour	baking pan		Cantucchi Biscuits
<input type="checkbox"/>	zucchini	12 each	produce	Fried Courgette Flowers and Sage
<input type="checkbox"/>	sage leaves	14 each		Fried Courgette Flowers and Sage, Sugo di Carne
<input type="checkbox"/>	beer, you may use water or any combination of beer and water	8 ounces		Fried Courgette Flowers and Sage
<input type="checkbox"/>	beef chuck	2 pounds	meat and poultry	Peposo
<input type="checkbox"/>	red wine	3/4 pound	beer and wine	Peposo, Tagliata with shallots and rosemary
<input type="checkbox"/>	ground beef	7 ounces	meat and poultry	Sugo di Carne
<input type="checkbox"/>	ground pork	3 1/2 ounces	meat and poultry	Sugo di Carne
<input type="checkbox"/>	carrots	1 each	produce	Sugo di Carne
<input type="checkbox"/>	Italian parsley	1 Bunch	produce	Sugo di Carne
<input type="checkbox"/>	celery ribs	1 stalk	produce	Sugo di Carne
<input type="checkbox"/>	olive oil		cooking oils/shortening	Sugo di Carne
<input type="checkbox"/>	red wine		beer and wine	Sugo di Carne
<input type="checkbox"/>	Stock			Sugo di Carne
<input type="checkbox"/>	sirloin steaks	2 pounds	meat and poultry	Tagliata with shallots and rosemary
<input type="checkbox"/>	shallots	9 ounces	produce	Tagliata with shallots and rosemary
<input type="checkbox"/>	beef glaze	2 ounces		Tagliata with shallots and rosemary
<input type="checkbox"/>	rosemary	2 sprigs	spices and seasonings	Tagliata with shallots and rosemary
<input type="checkbox"/>	unsalted butter	1 ounce	dairy products	Tagliata with shallots and rosemary
<input type="checkbox"/>	large apples	4 each	produce	Torta Di Mele
<input type="checkbox"/>	raisins		dried fruit	Torta Di Mele
<input type="checkbox"/>	pine nuts (pignolia)		nuts and seeds	Torta Di Mele

<input type="checkbox"/> lemon zest	1 teaspoon	produce	Torta Di Mele
<input type="checkbox"/> milk chocolate	4 ounces	candy	Torta Di Mele
<input type="checkbox"/> beef stock	2 quarts	soups and gravies	Pasta a Fagioli al Veneto
<input type="checkbox"/> white beans	5 ounces	dried beans and rice	Pasta a Fagioli al Veneto
<input type="checkbox"/> sachet bag	1 each		Pasta a Fagioli al Veneto
<input type="checkbox"/>			Pasta a Fagioli al Veneto
<input type="checkbox"/> pasta	1 cup		Pasta a Fagioli al Veneto
<input type="checkbox"/> Parmesan cheese	1/2 cup	dairy products	Pasta a Fagioli al Veneto